



NEVER REFUSE A LEMON

The much maligned lemon has found an ardent champion in Dr. Helen Reynolds Kellogg, a Chicago woman doctor, who advises folks to grab at all lemons offered.

She says that it is the most beneficent of fruits—that it will even cure corns and warts.

Here are a few of its many uses, as outlined by her:

"Bind a little of the pulp to a tender corn at night after soaking the foot in warm water. It will take away the soreness.

"Rubbed on the hands after doing housework will soften them and take away the stains.

"Pulp rubbed on the neck every night will remove the dark line left by high collars.

"Made into lemonade and drank before going to bed will break up a cold.

"Ground pulp of one lemon added to two tablespoons of whole flaxseed boiled in one pint of water, sweetened with honey, will stop an irritating cough.

"The pure juice on the point of toothpick pressed in the center of a wart every night for one or two weeks will cause it to disappear.

"Mixed with salt it will make brass and copper antique."

Juice pressed out and canned air tight will make a healthy and refreshing drink when one is nine miles from a lemon.

"It is the best acid for salads or fish.

"The bottled juice will prevent scurvy."